



## CATCH THE RAINBOW of 5-A-DAY AND MARK YOUR DAILY PRAYER AND PLAY!

### June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Notes: Track your steps/activity per day</b> <b>Get at least 5 servings fruits &amp; veggies daily</b> <b>Add a check mark (✓) in the box (☐)</b> <b>Give thanks to God every day!</b>						<b>1</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>
<b>2</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>3</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>4</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>5</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>6</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>7</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>8</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>
<b>9</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>10</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>11</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>12</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>13</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>14</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>15</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>
<b>16</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>17</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>18</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>19</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>20</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>21</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>22</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>
<b>23</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>24</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>25</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>26</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>27</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>28</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>29</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>
<b>30</b> _____ # STEPS ☐☐☐☐☐ <i>Fruit &amp; veggies</i>	<b>DON'T FORGET TO TURN IN YOUR SHEET TO GET GOOD HEALTH AND YOUR REWARD!</b>					

